

Needham Youth Services

(Formerly known as the Needham Youth Commission)

Winter and Spring Programs 2010/2011

Programs for
kids of all ages

Trainings for
Parents

Counseling
Services

Workshops
in school

Community
Presentations



(From left to right) Jon Mattleman, Director Needham Youth Services; Hannah Miller, RAY of Hope recipient; Jill Finklestein and Bill Paulson, Needham Business Representatives.

Registration begins Monday, January 10, 2011

Registrations are accepted as follows:

In Person: Monday — Friday, 8:30am—5:00pm
Needham Youth Services
Public Services Administration Building
500 Dedham Avenue
Needham, MA 02492

Mail: Needham Youth Services
Needham Town Hall
1471 Highland Avenue
Needham, MA 02492

To learn more about Needham Youth Services
or if you have questions, please call our office at 781-455-7500

www.needhamma.gov/youth



March is Needham Unplugged

Needham Unplugged is an awareness campaign to remind Needham families and residents to "unplug their electronics" and "plug into" each other. Watch for announcements about activities that do NOT require electricity and that emphasize person-to-person interaction and health. The highlight of the program will be March 16th, our no-homework, no-sports, and no-activities night for Needham Public School Students (and no town-related, community and/or religious meetings).

Learn more at:

www.needhamma.gov/youth/unplugged

Make a Statement Day March 11, 2011



On Make A Statement Day, **ALL** Needham High School students and faculty are encouraged to wear a homemade t-shirt with a statement, quote, or statistic about an issue that is meaningful to them.

For more information check out:

www.needhamma.gov/youth/masd

Meet the Staff

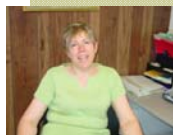


Jon Mattleman, Director
MS Counseling
jmattleman@needhamma.gov

Katy Colthart, Clinician
LICSW
kcolthart@needhamma.gov



Carol Rosenstock, Office Manager
BS Education
crosenstock@needhamma.gov



Courtney Hale, Clinical Intern
MA Counseling Psychology
chale@needhamma.gov



We currently have a staff vacancy and hope to introduce you to our new clinician soon!

Winter/Spring Youth Programs...

Babysitter Training Course

We offer a Babysitter Training Seminar for new babysitters or for those with limited experience who desire a refresher class. The training is six hours and is offered as a three-day course. Students must be in the sixth grade and at least 11 years old to take the class. Additional sessions will be offered in the fall. Learn more at www.needhamma.gov/youth/babysitting.

Dates: Session 1: January 20 and 27, February 3
(snow date: February 10)
Session 2: March 1, 8 and 15
(snow date: March 22)

Time: 2:30pm - 4:30pm

Cost: \$45 (waived in the event of financial need)



Upcoming Youth Programs...

**Applications for the below programs
will be accepted beginning May 2, 2011.**

EXTREME LOOKS

In collaboration with the YMCA, this four-day workshop will explore how the media goes to extremes that distort girls' self-esteem, body image, and perceptions about relationships. The program is open to girls currently in 6th, 7th, and 8th grades. The program will run at the end of June, please visit our website for specific dates; www.needhamma.gov/youth/extremelooks.

Dates: June 20th- 24th (these dates are tentative)
Time: 1:00pm - 4:00pm
Cost: Free
Location: Needham YMCA
Facilitator: Katy Colthart

PROJECT VAN

Funded by the Needham Community Council, Project VAN (**V**olunteers **A**round **N**eedham) offers youth ages 13 (or entering 8th grade) to 17 the opportunity to provide a valuable community service to organizations in Needham. Youth can register for one day, a few days, or all program days. Learn more at www.needhamma.gov/youth/projectvan.

Dates: July 13, 14, 15, 20, 21, 22, 27, 28, 29
Time: 10:00am - 2:30pm
Cost: Free
Locations include: Needham Public Library, Needham Community Council, Wingate, Charles River Center, and others!
Facilitator: Katy Colthart

PEER TUTOR

The Peer Tutor Program matches High School students (tutors) with middle school and elementary school age youth (tutees) who have demonstrated a need for academic assistance or a need for support in developing successful study habits. The goals of the program are to provide academic assistance with specific problematic subjects and to create a supportive learning environment.

Winter/Spring Parent Programs...

A Conversation...For Parents of Teens

Funded by the Needham Women's Club, this free program is limited to 9 participants per evening and creates a forum in which parents discuss the challenges of parenting teens in a supportive and confidential setting. Parents may attend any/all of the following evening meetings (which will include dinner). Additional sessions will be offered in the spring. Learn more at www.needhamma.gov/youth/aconversation.



Dates: January 25th - Teens and Technology
February 15th - Open Agenda
March 15th - Make Peace Not War with your Teen
Time: 5:30pm - 7:30pm
Cost: Free
Location: Needham Youth Services Office
Facilitator: Jon Mattleman (jmattleman@needhamma.gov)

QPR Suicide Prevention Training

The Needham Coalition for Suicide Prevention and Needham Youth Services are offering free QPR trainings. QPR (Question, Persuade, Refer) is based upon the following concepts: Those who most need help in a suicidal crisis are the least likely to ask for it; The person most likely to prevent a person dying by suicide is someone they already know; and, That prior to making a suicide attempt a person typically sends warning signs of their distress and suicidal intent to those around them. Learn more at www.needhamma.gov/youth/QPR.

Dates: February 3, 2011
Time: 7:00pm - 9:00pm
Cost: Free
Location: Needham Public Library
Facilitator: Jon Mattleman (jmattleman@needhamma.gov)

Challenging Conversations ...About Preventing Suicide

Rich Roberts is a suicide survivor whose son Jason died in 2009. This Needham father will share his perspective on suicide prevention and ways to keep our youth safe. Facilitated by Youth Services Director Jon Mattleman, this small group format will be limited to 15 parents per session. Learn more about this program at: www.needhamma.gov/youth/challenging

Date: January 13, 2011
Time: 6:30pm - 8:30pm
Cost: Free
Location: Wingate at Needham

Patrick C. Forde Good Person Memorial Award

Named after Needham resident and community activist Patrick Forde, this award will recognize an adult in the community who has helped make Needham a better place to live through his/her volunteer work and commitment. The recipient will be a person of high character, a person who has contributed in some significant way to Needham children, youth, and/or families, and a person who has enhanced those with whom they interacted. Learn more at www.needhamma.gov/youth/fordeaward.

You are invited to our annual ceremony:

**Monday, January 24, 2011
5:00 PM
Needham Public Library**

Consultation and Referral

As the parent of a teen, you know first hand how challenging this stage of life can be. Even the best equipped and involved parents can find themselves in complex and confusing situations --- and parents may not know what to do next.



Needham Youth Services can be a source of support in a crisis and/or when a parent does not know where to turn. Our free consultation can support a parent at a time when making logical decisions is critical. Parents have utilized this resource when dealing with a serious matter involving their child (e.g. drug/alcohol use), when they are concerned about a specific behavior (e.g. depression), or when they are just worried about their child's growth

Parent Coffees

Funded by the Needham Community Council, Inc., these free program for parents of middle and high school youth are held in peoples' homes in the evenings and focus upon issues such as the new literature regarding the adolescent brain and the impact of alcohol, as well as the role that parents can play in keeping their children safe. Please contact the office to schedule a Parent Coffee for your group. Learn more at: www.needhamma.gov/youth/coffee.



General Information

Most of our services are **Free** of charge

Join our Email Listserv

If you are interested in receiving periodic updates of Needham Youth Services' programs that may be of interest to you and/or your children, please visit our website at www.needhamma.gov/youth/email and click on the year of birth of your child/children.

We ask for the year your child was born so that we can send you information that pertains to your child --- thus eliminating spam and unwanted information. If you have more than one child, you must register for each child (by year of birth) individually.

Payment

Most of our services are FREE of charge. If the program charges a fee, payment must accompany all registrations. Checks should be made payable to "Town of Needham-Youth Services".

Fee Assistance

Financial aid is available to all Needham residents and Needham students. A letter requesting assistance must be submitted to the Director of Needham Youth Services at the time of registration. To learn more, please visit our website at www.needhamma.gov/youth/fee.

Course Confirmation

We will confirm registrations by phone, email, or mail. You will be notified if the program is full or cancelled and your payment will be refunded.

Inclement Weather

It is our policy that if Needham Public Schools close due to weather related issues, our programs will also be cancelled. Weather related cancellations will be posted on our website at www.needhamma.gov/youth.

Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, refunds will not be given; however, we will do our best to reschedule.

Refunds

If you request to withdraw from a class with sufficient time to get a replacement, a refund may be issued. However, if the slot can not be filled, no refund will be issued. If you do not show up for a class, there is no refund. Refunds will be issued if Needham Youth Services cancels a program and/or you registered for a program and there are no openings.

Employment Program

The Employment Program assists young people in obtaining business and residential employment, as well as helping residents requiring help for around-the-house chores.

Youth age 12 to 21 who desire work must register with us by completing a Job Registration Form and a Parent Permission Form. For those 18 years of age and under, a parent or legal guardian must co-sign this form.

Both the Residential Employment Books and the Job Posting Books are available on Tuesdays from 9:00 am - 4:00 pm or by appointment. Forms may be requested/submitted at any time during the business week. There is a \$5 fee for this service (\$10 for an express list) for residents; there is no charge for youth using the Employment Program. Learn more at www.needhamma.gov/youth/employment.

The Employment Program does not screen applications or individuals—we act simply as a clearing house and an information source.

For additional information please contact Carol Rosenstock 781-455-7518 x267 or Crosenstock@needhamma.gov.

Counseling Services

Confidential individual, group, and family counseling for youth is available from our trained and committed staff. We accept referrals from the schools, courts, and parents. We also offer a **Substance Abuse Awareness Program**, a 15-hour assessment, education, and intervention program which takes an innovative approach to the topic of alcohol and drugs. Learn more about our counseling services online at www.needhamma.gov/youth/counselingservices.

Consultation and Referral

As the parent of a teen, you know first hand how challenging this stage of life can be. Even the best equipped and involved parents can find themselves in complex and confusing situations --- and parents may not know what to do next.

Needham Youth Services can be a source of support in a crisis and/or when a parent does not know where to turn. Our free consultation can support a parent at a time when making logical decisions is critical. Parents have utilized this resource when dealing with a serious matter involving their child (e.g. drug/alcohol use), when they are concerned about a specific behavior (e.g. depression), or when they are just worried about their child's growth and development.

Needham Youth Services Registration Form

(Please complete the entire form)

| | | | |
|---|---------|---------------------|--------|
| Participant's Name: | | M/F | DOB: |
| Address: | | Zip Code: | |
| Home Phone: | | Grade & School: | |
| PARENT/GUARDIAN INFORMATION | | | |
| Guardian: | | Cell Phone: | |
| Email Address: | | | |
| EMERGENCY INFORMATION | | | |
| Name: | | Relationship: | Phone: |
| Name: | | Relationship: | Phone: |
| Allergies: | | Medical Conditions: | |
| PROGRAM INFORMATION | | | |
| Program Name | Session | Fee | |
| | | | |
| | | | |
| | | | |
| | | | |
| Donation to Needham Youth Services: | | \$ | |
| Total Amount : | | \$ | |
| Make Checks payable to "Town of Needham — Youth Services" | | | |
| Authorization of Participation | | | |
| <p>I, the undersigned parent/guardian of _____, acknowledge that my child will be participating in a Needham Youth Services program. In the event of medical emergency, I authorize the staff to seek medical attention as required. Further, I shall indemnify and hold harmless and hereby release, remise, and forever discharge the Town of Needham from any and all liability, suits, losses, cause of actions, damage arising or occurring out of participation in the abovementioned program and/or arising or occurring out of any said medical attention.</p> | | | |
| SIGNATURE _____ | | Date _____ | |
| OPTIONAL | | | |
| Authorization to Photograph/Videotape | | | |
| <p>I, _____, do hereby give permission to the Needham Youth Services to photograph/videotape me and/or my children as participants in a Needham Youth Services program. I understand that these photographs or the videotape may be used in one or all of the following ways:</p> <p>As part of the Needham Youth Services' website regarding this specific program. As an enclosure to letters sent to potential funding sources. As part of an article in the Needham Times, Hometown Weekly, Boston Globe, etc.. As a piece on the cable station which may also be posted on YouTube by the Needham Cable Channel.</p> | | | |
| SIGNATURE _____ | | Date _____ | |

Office Use Only: Received ____/____/____ Check #: Amt. \$_____ Confirmation Sent ____/____/____